Harvard Pilgrim Health Care | TUFTS Health Plan

Point32Health companies

Medical Necessity Guidelines:

Temporomandibular Joint (TMJ) Disorder Treatment

Effective: January 1, 2027

Prior Authorization Required If REQUIRED, submit supporting clinical documentation (electronically recommended or by fax)	Yes ☒ No ☐
Notification Required	Yes ☐ No ☒

Applies to:

- Harvard Pilgrim Health Care Commercial products
- Tufts Health Direct
- Tufts Health Together
- Tufts Health RITogether

We recommend submitting prior authorization electronically. If you opt to submit prior authorization requests via fax, please refer to this reference chart for the appropriate fax number (varies by product). For details on all our products, please visit the Our Plans page on our provider website. For additional Prior Authorization and Notification details on other lines of business not listed on our Medical Necessity Guidelines page, please also reference our Prior Authorization Resources page.

Note: While you may not be the provider responsible for obtaining prior authorization or notifying Point32Health, as a condition of payment you will need to ensure that any necessary prior authorization has been obtained and/or Point32Health has received proper notification. If notification is required, providers may additionally be required to provide updated clinical information to qualify for continued service.

For Harvard Pilgrim Health Care Members:

This policy utilizes InterQual® criteria and/or tools, which Harvard Pilgrim may have customized. You may request authorization and complete the automated authorization questionnaire via HPHConnect at www.harvardpilgrim.org/providerportal. In some cases, clinical documentation may be required to complete a medical necessity review. Please submit required documentation as follows:

- Clinical notes/written documentation – via HPHConnect Clinical Upload or secure fax (800-232-0816)

Providers may view and print the medical necessity criteria and questionnaire via HPHConnect for providers (Select Researched and the InterQual® link) or contact the commercial Provider Service Center at 800-708-4414. (To register for HPHConnect, follow the instructions here). Members may access materials by logging into their online account (visit www.harvardpilgrim.org, click on Member Login, then Plan Details, Prior Authorization for Care, and the link to clinical criteria) or by calling Member Services at 888-333-4742.

For Tufts Health Plan Members:

To obtain InterQual® SmartSheetsTM"

- **Tufts Health Public Plans products:** InterQual® SmartSheet(s) available as part of the prior authorization process

Tufts Health Plan requires the use of current InterQual® Smartsheet(s) to obtain prior authorization.

In order to obtain prior authorization for procedure(s), choose the appropriate InterQual® SmartSheet(s) listed below. The completed SmartSheet(s) must be sent to the applicable fax number indicated above, according to Plan

Clinical Guideline Coverage Criteria

The Plan requires the use of the following InterQual® Subsets or SmartSheets to obtain prior authorization for temporomandibular joint disorder treatment: **Arthroplasty, temporomandibular joint (TMJ)**.

The Plan considers arthroscopy of the TMJ as reasonable and medically necessary for the treatment of temporomandibular disorders when **ALL** of the following are met

1. Evidence of TMJ internal derangement or other structural joint pathology, demonstrated by:
    a. Imaging findings consistent with TMJ pathology, including but not limited to disc displacement, synovitis/inflammation, adhesions, degenerative joint disease, arthritis, bone cysts, fractures, meniscal abnormalities, or neoplasms; **and**
2. Persistent symptoms and/or functional impairment, including **ONE** of the following:
    a. Moderate to severe TMJ pain; **or**
    b. Limited mouth opening (typically less than 30 to 35 mm interincisal distance); **or**
    c. Difficulty chewing, speaking, or eating; **or**
    d. Mechanical symptoms such as joint locking, catching, or restricted mandibular motion; **and**
3. Treatment has failed to provide adequate symptom relief or meaningful functional improvement, and **ONE** of the following applies:
    a. Signs and symptoms have not resolved despite appropriate conservative management, including, but not limited to, pharmacologic pain management, physical therapy, and the use of intraoral appliances; **or**
    b. Signs and symptoms have not resolved following manipulation under anesthesia for reduction of temporomandibular joint (TMJ) dislocation or treatment of TMJ fracture.

Note: For surgical treatment for obstructive sleep apnea or orthognathic conditions, see policies titled, *Surgical Procedures for the Treatment of Obstructive Sleep Apnea and Orthognathic Surgery for Severe Oral-Maxillofacial Functional Disorders*, https://www.point32health.org/provider/policies/medical-necessity-guidelines.

Limitations

The Plan does not cover the treatments listed below:

1. TMJ appliances, occlusal adjustment, or other TMJ-related treatments, such as biofeedback electromyography (e.g., surface electrode methods) and hyaluronic acid injections
2. Therapeutic manipulation of non-traumatic subluxation of TMJ requiring an anesthesia service (i.e., general or monitored anesthesia care)
3. Jaw motion rehabilitation system (E1700-E1702), as it has been determined to be investigational. Refer to the Medical Necessity Guidelines: Noncovered Investigational Services.

Codes

The following code(s) require prior authorization:

Table 1: CPT/HCPCS Codes – Arthroplasty, Temporomandibular Joint (TMJ)

Code	Description
21050	Condylectomy, temporomandibular joint (separate procedure)
21060	Meniscectomy, partial or complete, temporomandibular joint (separate procedure)
21240	Arthroplasty, temporomandibular joint, with or without autograft (includes obtaining graft)
21242	Arthroplasty, temporomandibular joint, with allograft
21243	Arthroplasty, temporomandibular joint, with prosthetic joint replacement

Table 2: CPT/HCPCS Codes – Arthroscopy, Temporomandibular Joint (TMJ)

Code	Description
29800	Arthroscopy, temporomandibular joint, diagnostic, with or without synovial biopsy (separate procedure)
29804	Arthroscopy, temporomandibular joint, surgical

Approval And Revision History

October 21, 2020: Reviewed by IMPAC, renewed without changes

Subsequent endorsement date(s) and changes made:

- November 24, 2020: Fax number for Unify updated
- December 21, 2021: Reviewed by Medical Policy Approval Committee (MPAC), renewed without changes
- April 20, 2022: Reviewed by MPAC for integration purposes between Harvard Pilgrim Health Care and Tufts Health Plan with an effective date of October 1, 2022; under limitations described other TJ-relate d treatments “such as biofeedback electromyography (e.g., surface electrode methods) and hyaluronic acid injections”
- December 1, 2022: Reviewed by MPAC, renewed without changes
- September 20, 2023: Reviewed by MPAC, renewed without changes
- November 2023: Rebranded Unify to One Care effective January 1, 2024
- December 1, 2023: Reviewed and approved by the UM Committee, effective January 1, 2024
- June 13, 2024: Reviewed and approved by the UM committee effective July 1, 2024
- June 20, 2024: Reviewed by MPAC for 2024 InterQual Upgrade, effective July 1, 2024
- May 21, 2025: Reviewed by MPAC for 2025 InterQual Update effective July 1, 2025
- June 17, 2025: Harvard Pilgrim Health Care Stride Medicare Advantage removed as an applicable product from the template
- August 20, 2025: Reviewed by MPAC for annual review, renewed without changes effective October 1, 2025
- September 17, 2025: Reviewed by the UM Committee, renewed without changes effective October 1, 2025
- May 20, 2026: Reviewed by MPAC for 2026 InterQual Update and Annual Review; administrative update to guideline template; effective July 1, 2026
- September 15, 2026: Reviewed by UM Committee, service removed from prior authorization for Tufts Health One Care, service moved to covered effective January 1, 2027
- September 16, 2026: Reviewed by MPAC, service removed from prior authorization for Tufts Health One Care, service moved to covered effective and administrative update Tufts Health Commercial removed from Medical Necessity Guideline (MNG) due to product retiring, effective January 1, 2027
- September 16, 2026: Reviewed by MPAC with the following changes; new criteria added for arthroscopy of the TMJ and the following coding changes: CPT codes 21050 and 21060 added for prior authorization; CPT codes 21248, 21249, and 21255 removed from prior authorization; removed CPT codes 21193-21196 and 21244-21247 from this guideline and these codes are addressed in the *Surgery for Severe Oral-Maxillofacial Functional Disorders Medical Necessity Guideline,* effective January 1, 2027

Background, Product and Disclaimer Information

Medical Necessity Guidelines are developed to determine coverage for benefits and are published to provide a better understanding of the basis upon which coverage decisions are made. We make coverage decisions using these guidelines, along with the Member’s benefit document, and in coordination with the Member’s physician(s) on a case-by-case basis considering the individual Member's health care needs.

Medical Necessity Guidelines are developed for selected therapeutic or diagnostic services found to be safe and proven effective in a limited, defined population of patients or clinical circumstances. They include concise clinical coverage criteria based on current literature review, consultation with practicing physicians in our service area who are medical experts in the particular field, FDA and other government agency policies, and standards adopted by national accreditation organizations. We revise and update Medical Necessity Guidelines annually, or more frequently if new evidence becomes available that suggests needed revisions.

For self-insured plans, coverage may vary depending on the terms of the benefit document. If a discrepancy exists between a Medical Necessity Guideline and a self-insured Member’s benefit document, the provisions of the benefit document will govern. For Tufts Health Together (Medicaid), coverage may be available beyond these guidelines for pediatric members under age 21 under the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefits of the plan in accordance with 130 CMR 450.140 and 130 CMR 447.000, and with prior authorization.

Treating providers are solely responsible for the medical advice and treatment of Members. The use of this guideline is not a guarantee of payment or a final prediction of how specific claim(s) will be adjudicated. Claims payment is subject to eligibility and benefits on the date of service, coordination of benefits, referral/authorization, utilization management guidelines when applicable, and adherence to plan policies, plan procedures, and claims editing logic.